

Being Primordial Awareness Wisdom*

The Non-Meditation That is Happiness Itself

Now is the moment we abide in primordial essence
luminous nature of mind
empty awake awareness itself

Whatever experience arises
pleasant neutral unpleasant
no need to change it

Whatever arises let it be
without judgement positive or negative
without past or future
without attachment or aversion
without affirmation or denial
without closeness or distance

Whatever arises is pure clear light of mind
that opens into the very ground of being
Thus whatever arises is liberated

Now let it be exactly as it is
Perfect openness
Perfect space
As it is already accomplished
Simply relax into it

* Excerpted from *Stromata*, Fragments of the Whole: Selected Essays of David Paul Boaz (Dechen Wangdu), ©2009 David Paul Boaz. All rights reserved. www.davidpaulboaz.org, Copper Mountain Institute, info@coppermount.org, www.coppermount.org 505-898-9592